

Repetitive Transcranial Magnetic Stimulation (rTMS)

Indications

- Depression (NICE, 2015)
- OCD (FDA, 2018)

Off Label Applications

- Anxiety
- Bipolar Disorder
- PTSD (Post Traumatic Stress Disorder)
- DPD (Depersonalisation Disorder)
- BPD (Borderline Personality Disorder)
- Chronic Primary Insomnia
- Addictions to:
 - Cocaine
 - Methamphetamine
 - Alcohol
 - Smoking

Contra-Indications

Absolute

- Ferromagnetic implants within 30cm of the coil placement
- Cochlear implants

Relative

- Age – Over 65s may require extended treatment
- Personal/family history of epilepsy
- Benign brain tumour and brain cysts
- Multiple Sclerosis
- Psychosis

Side Effects

Uncommon

- Mild transient headache
- Muscle twitching during treatment
- Scalp discomfort

Very Rare

- Convulsions (1 in 50,000)
- Transient problems with sleeping
- Drowsiness

Pregnancy and Breastfeeding

There are no known risks of using rTMS during pregnancy or whilst breastfeeding. The treatment is not transferred to the foetus, nor through lactation.

Dose

Psychiatric Conditions

Up to 30 sessions over 2-6 weeks. Rarely, some patients require further treatment. Monthly maintenance recommended.

Addictions

Up to 15 sessions over 3 weeks. Monthly maintenance recommended.

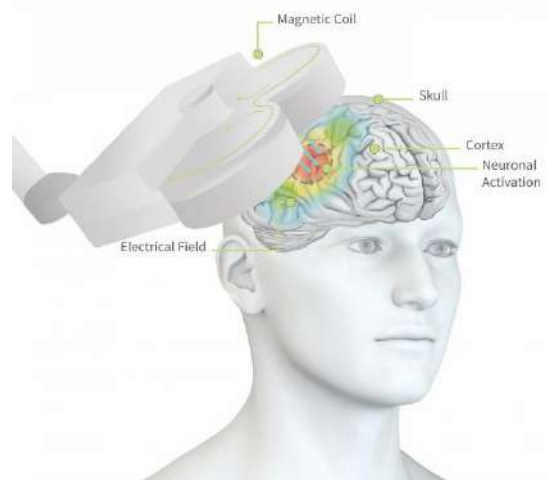
Efficacy

Condition	% Of Patients Entering Remission After Full Course
Depression	60%*
OCD	44%*
Cocaine Addiction	80% with craving reduced to 0/10*

Condition	% With Significant + Reduction In Symptoms
Anxiety	60%^
PTSD	65%^
Insomnia	25% increase in sleep^

Key: * >30% * Smart TMS audit results ^Published studies

The UK's Largest Specialist Provider of Repetitive Transcranial Magnetic Stimulation



What is rTMS?

Repetitive Transcranial Magnetic Stimulation (rTMS) is a non-invasive neuromodulation technique, approved by NICE for treating depression since 2015 and with a wide range of other applications.

An electromagnetic coil is placed against the scalp; a strong pulsing magnetic field is created around the coil which induces an electrical current in a localised area of the cerebral cortex. The magnetic field penetrates 2-3cm in depth. When the pulses are sent repetitively at a high frequency, activity in brain cells is increased; when sent repetitively at a low frequency, activity is reduced. The brain areas targeted are those shown by MRI scans to be under or overactive in different conditions.

About Smart TMS

Smart TMS is dedicated to alleviating depression, psychiatric conditions and addictions using repetitive Transcranial Magnetic Stimulation (rTMS). We do not provide long term psychiatric care so work together with the patient's existing team of clinicians to ensure the best possible treatment outcome and continuity of care for each individual.

We accept patient referrals; however, patients are also welcome to self-refer for treatment. Many private medical insurers now cover rTMS. Costs vary based on the individual requirements. A full course of depression treatment is charged at between £3,000 and £6,000.

Dr Leigh A. Neal FRCPsych founded Smart TMS in 2015 and has assembled a multi-disciplinary team of psychiatrists, psychologists and rTMS practitioners to deliver patient care. With all UK based clinics being CQC registered, Smart TMS has expanded throughout the UK and Ireland, making rTMS more widely available than ever.

We have reviewed the evidence for safety and effectiveness of rTMS treatment for a wide range of conditions. Where this review is positive, we will offer rTMS to those patients who have tried conventional treatments and not seen any success. We are continually reviewing international research to ensure that we stay at the forefront of brain stimulation to give the best possible chance for treatment success.